

Below outlines the learning focus for each term

KS2 PE Curriculum End Points (NC)			
<ul style="list-style-type: none"> • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. 			
Athletics			
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination 			
Competitive Games			
<ul style="list-style-type: none"> • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 			
Gymnastics			
<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance 			
Dance			
<ul style="list-style-type: none"> • Perform dances using a range of movement patterns 			
Outdoor and Adventurous Activity			
<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team 			
Evaluate			
<ul style="list-style-type: none"> • Compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
Swimming			
<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively – for example, front crawl, backstroke and breaststroke • Perform safe self-rescue in different water-based situations 			
Term	Learning Focus		Cross curricular links
	Knowledge	Skills	
Autumn 1 Outdoor	Athletics <ul style="list-style-type: none"> • Knows how to run at fast, medium and slow speeds; changing speed and direction • Know which techniques to use for long-distance running and which to use for short-distance running. • Children know to drive knees forward to run, swing and spring to jump for distance, legs forcefully extend to jump for height, jump up and over to hurdle and follow through over the head to overarm throw • Know how to start a race correctly. • Know how to perform a standing long jump, understanding the rules 	<ul style="list-style-type: none"> • Identify and demonstrate how different techniques can affect their performance. • Focus on their arm and leg action to improve their sprinting technique. • Know how to receive the baton Jumping <ul style="list-style-type: none"> • Use one and two feet to take off and to land with. • Develop an effective take-off for the standing long jump. • Develop an effective flight phase for the standing long jump. • Land safely and with control Evaluation: <ul style="list-style-type: none"> • Evaluate the effectiveness of own and other’s performances, 	

	<ul style="list-style-type: none"> To understand the relay and passing the baton Know how to compete in a sporting way, showing an understanding of rules Develop resilience in the context of sport and demonstrate being a good competitor 		
Autumn 1 Indoor	Fitness: <ul style="list-style-type: none"> Demonstrate the correct technique for activities. Develop agility and co-ordination Use the correct running technique to complete a circuit Develop skipping techniques with control and balance Evaluate my performance of gymnastic moves within a circuit Improve core strength and agility, and understand why they are important 	<ul style="list-style-type: none"> Complete an agility and co-ordination circuit, spending 30 seconds at each station <ul style="list-style-type: none"> Running Jumping Ball passing Improve fitness by raising the heart rate in a circuit-based lesson. Perform rope and non-rope skipping with good technique and to songs or rhymes Perform using simple movement patterns. <ul style="list-style-type: none"> Travelling Rolling Creating shapes Balance skipping 	
Autumn 2 Outdoor	Throwing & catching: <ul style="list-style-type: none"> Know techniques for accurate overarm and underarm throwing. To consolidate and develop a range of skills in striking and fielding Know the batting technique for cricket. Know how to play continuous cricket To strike the ball for distance To know how to play a striking and fielding game competitively and fairly Begin to work in collaboration, managing feelings and acting appropriately and respectfully during and games. 	<ul style="list-style-type: none"> To consolidate and develop a range of skills in striking and fielding Practise the correct technique for catching a ball and use it in a game – throw accurately, catch with cushioned hands. Develop different ways of throwing and to know when it is appropriate to use it. Practise the correct batting technique and use it in a game situation To practise the correct technique for fielding and use it in a game situation To hit the ball as far as possible with a rounders bat Use fielding skills to stop the batter scoring 	
Autumn 2 In door	Fitness: core: <ul style="list-style-type: none"> Know the importance of core strength and agility Understand how hula hooping helps to improve core strength 	<ul style="list-style-type: none"> Perform core strength moves Link agility and core strength activities together in an appropriate way Perform a circuit with accuracy. Improve scores of the skills learned 	

Spring 1 Outdoor	Skipping: <ul style="list-style-type: none"> To develop skipping techniques with control and balance. 	<ul style="list-style-type: none"> Explore different ways of skipping Participate in large rope skipping. Develop large rope skipping technique Skip with a partner. Compose a sequence of skipping moves Perform skipping moves in a routine. Perform large rope skipping with good technique and to songs or rhymes 	
Spring 1 Indoor	Gymnastics: <ul style="list-style-type: none"> Be able to jump with a stable, safe landing To select and adapt gymnastics actions to meet the task To work with a partner or a small group to create a sequence that develops jumping skills at different levels. To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music Analyse own and others' performance Begin to work in collaboration, managing feelings and acting appropriately and respectfully during and games. 	<ul style="list-style-type: none"> Explore jumping techniques and link them with other gymnastic actions Perform using simple movement patterns, travelling, jumps, rolling, creating shapes, and balance with increased accuracy. Be able to land safely when jumping from a bench. Use other skills learned to vary jumps. Link jumps into sequences. Use the skills learned to work as a group to create complex shapes at different levels Co-operate in a group. Use a different stimulus to create a sequence. Use all skills learned in previous lessons to develop a sequence 	
Spring 2 Outdoor	Ball Skills: <ul style="list-style-type: none"> To be aware of others when playing games. To choose the correct skills to meet a challenge Develop the ability to control a ball while moving, throwing and catching it. To master the basic catching technique. To throw and hit a ball in different ways (e.g. high, low, fast or slow). To apply skills and tactics in small-sided games. To understand, identify and follow the rules of games. To know the basic rules of different ball games, through experiencing them as mini games/invasion games 	<ul style="list-style-type: none"> Dribble a ball with greater control. Roll or throw a ball at a target with accuracy Perform a range of actions, maintaining control of the ball. Perform a range of catching and gathering skills with control. Anticipate the ball and have the hands ready to catch. Stop the ball in the hands without fumbling. Be ready to react quickly once the ball has been caught. Develop the underarm throwing technique and introduce the overarm throw To choose and use simple tactics to suit different situations. To react to situations in ways that makes it difficult for opponents to win. Know how to vary tactics and adapt skills depending on what is happening in a game 	
	Gym Skills: <ul style="list-style-type: none"> Master basic movements, as well as developing 	<ul style="list-style-type: none"> Perform using simple movement patterns with increased accuracy. 	

Spring 2 Indoor	<p>balance, agility and co-ordination</p> <ul style="list-style-type: none"> Practise a range of gymnastic skills through a series of circuits Perform a range of gymnastic skills with increased accuracy 	<ul style="list-style-type: none"> travelling jumps rolling creating shapes balance 	
Summer 1 Indoor	<p>Dance:</p> <ul style="list-style-type: none"> To explore African dance movements and create patterns of movement Develop African dance steps with clarity and rhythm, using own ideas Perform a dance with rhythm and expression Use knowledge of African dance to create a story in small groups To develop precision of movement To perform in front of others with confidence 	<ul style="list-style-type: none"> Count beats and change direction while dancing Work with a partner to create African dance patterns. Keep count and tempo while dancing Maintain a consistent tempo throughout the dance, using counting Learn how to work co-operatively with others to create a new dance. Learn how to tell a story using dance Tell a story using gestures and step patterns with fluency. Dance to the beat and keep time. 	
Summer 2 Outdoor	<p>Outdoor Adventure</p> <ul style="list-style-type: none"> Knows how to follow a map in a familiar context Knows how to use clues to follow a route Knows how to follow a map and route safely 	<p>Trails</p> <ul style="list-style-type: none"> Orientate themselves with increasing confidence and accuracy around a short trail. <p>Problem Solving</p> <ul style="list-style-type: none"> Identify and use effective communication to begin to work as a team. Identify symbols on a key <p>Preparation and Organisation</p> <ul style="list-style-type: none"> Begin to choose equipment that is appropriate for an activity <p>Communication</p> <ul style="list-style-type: none"> Communicate with others. <p>Compete and Perform</p> <ul style="list-style-type: none"> Begin to complete activities in a set period of time. Begin to offer an evaluation of personal performances and activities. 	<p>PSHE – teamwork</p> <p>Geography - Locational Knowledge</p>
Summer term	<p>Swimming</p> <ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively – for example, front crawl, backstroke and breaststroke Perform safe self-rescue in different water-based situations Submerge their head in water and hold their breath Begin to float on their backs Begin to front crawl and backstroke for 10 meters More proficient children can begin to breaststroke Begin to keep themselves above water when in need of rescue 		

Ambition / Intent:

PE plays a vital role in promoting physical activities and a healthy lifestyle in a positive and enjoyable way for all pupils. PE gives pupils the ability to develop their physical well-being in a range of physical activities and sports – helping them to grow and achieve their personal fitness and learn important life skills.

Through physical education, we teach students a set of all-important values including self-belief, teamwork, determination, honesty, passion and respect. We want children to learn to include exercise and physical activity as part of their lifestyle

Design / Implementation:

Teachers use curriculum objectives from LTPE to plan, deliver and assess a broad range of knowledge, skills and understanding. Many PE lessons include activities which also help to embed knowledge from other areas of the curriculum such as Geography, History, Science and Math.

Curriculum enrichment activities such as Wellness Days and Sports Week, intra-school competitions and sports leadership opportunities provide children with inspirational experiences where they can apply and build on the skills they have learnt. Through the wide range of activities children experience within the PE curriculum they are able to develop a set of values which will prepare them for their future lives.

The focus on co-operative, collaborative and competitive experiences is an ideal environment to model, practice and embeds our school values of resilience, responsibility, reflection, resourcefulness, readiness and respect

Impact:

At Camrose, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities.

PE lessons are fun, enjoyable and challenging and all pupils can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Pupils understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing.

We aspire for all children to enjoy PE and develop a love of sport and physical activity.